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THREE BLUNDERS TO AVOID IF YOU WANT A CALLBACK {page 37}

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{page 38}

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TORONTO metro®
Tuesday, September 13, 2011
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News worth sharing.

TTC budget could hit commuters

Decade's worth of improvements may be rolled back ◐ Special meeting to deal with Wheel-Trans

A proposal to alter the TTC's crowding standards could put the squeeze on the commutes of the growing numbers of Torontonians who ride the transit system.

A report on Toronto's core service review, released yesterday by the city manager, also proposes charging a premium fare for Blue Night bus service and pushing more Wheel-Trans users onto the regular system.

The TTC's standard for what constitutes a crowded bus — based on the average number of people per hour riding a particular vehicle — was improved to 48 riders from 53 between 2004 and 2007. Regularly exceeding that number should trigger an increase in service on that route.

The move was part of a Ridership Growth Strategy designed to attract more riders, after a period in the 1990s when fares rose and service was cut, driving thousands off the system.

"The Blue Night network is really vital for people who don't work 9-to-5 jobs and have to get to work for a shift."
JAMIE KIRKPATRICK, TRANSIT ADVOCATE

In 2008, TTC bus service hours were also extended to match subway operations. A plan to increase the minimum bus frequency from 30 minutes to 20 minutes never materialized, however.

The TTC will hold a special meeting Friday to deal with its operating, capital and Wheel-Trans budgets.

TORSTAR NEWS SERVICE

More on the city manager's report {pages 3-4}

TIFF. Madonna

▶ Madonna waves to throngs of fans on the red carpet at Roy Thomson Hall yesterday before the premiere of her film W.E. at the Toronto International Film Festival.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Fans show Material Girl some love

Madonna's W.E. is her first try at directing a substantial feature film, and she's getting a lot attention. W.E. stars Andrea Riseborough and James D'Arcy, who plays Edward VIII, the British king who gave up his throne for love.
More TIFF coverage, page 24.

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– Motor Trend Magazine, April 20, 2011, author: Ron Kiino^

"The new car is practically flawless and better than it's predecessor without any trade-offs..."
– MSN Autos, author: James Tate^

"The new Civic has better balance, more content and it's fuel-efficient."
– National Post, Apr. 20, 2011, author: Graeme Fletcher^

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City set to axe child-care subsidies

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Coun. Janet Davis

If you are a low-income parent of young children hoping to return to work or school in the next year, your chance of getting one of the city's 24,0000 child-care subsidies is about to get tougher.

Toronto city council is about to take an axe to 2,000 subsidies in an effort to slash its chronic operating deficit.

The subsidies are funded through a city reserve that will be depleted in early 2013, says a report by the city manager who recommends the subsidies be "suspended" at that time.

The only way the city can afford those subsidies is for a new infusion of cash from Queen's Park, Joe Pennachetti says in his report released yesterday.

"This is such a betrayal of the families and the children of this city," said Coun. Janet Davis, vice-chair of the city's community development and recreation committee.

"The recommendations of the mayor and his consultants target the most vulnerable and it is a shameful way to try to balance the budget on the backs of those who are least able to defend themselves," she said.

TORSTAR NEWS SERVICE

Death by a thousand cuts

City manager gives his take on cost-cutting in the face of a $774 million budget gap expected in 2012

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Toronto's city manager, Joe Pennachetti, speaks yesterday at Scarborough Civic Centre.

Here's a snapshot look at belt-tightening measures suggested in city manager Joe Pennachetti's report to city council:

SOCIAL SERVICES
The situation: More than 600,000 Torontonians are classified as low-income. More people are using food banks than ever before. More than 65,000 households are on the affordable-housing wait list.
The recommendation: No new affordable housing development. Reduce the housing loan program. End a program that gives poor families access to dental care. End the program that helps non-city organizations deliver Christmas presents to poor families. Eliminate Hardship Fund, which helps people who aren't on welfare but face financial pressure to pay for funerals, dental and vision care, prescription drugs and emergency medical costs.

LONG-TERM CARE
The situation: City runs 10 long-term care centres and provides daytime recreation and social programs for seniors. KPMG suggested privatizing nine of the seniors' homes.
The recommendation: Transfer "most" city-run long-term care centres to non-profit community groups, or sell them. Eliminate seniors' day programs or find a community agency willing to take them on.

GARBAGE
The situation: Garbage collection, already privatized in Etobicoke, will be contracted-out west of Yonge Street by next summer.
The recommendation: Eliminate free garbage-bag tags and Community Environment Days, which offer a way to dispose of hazardous waste and recycle larger items.

POLICE
The situation: Of the Toronto police operating budget ($915 million), 85 per cent is salary and benefits. Ford has told Chief Bill Blair — like all service managers — to find 10 per cent in cuts, which Blair has said will mean the loss of 750 officers and 400 civilian workers.
The recommendation: Consider reducing the size of the police force "through budgetary means" — which the report vaguely states could be achieved through attrition, voluntary severance and/or one-officer patrols. Eliminate the requirement for paid-duty police officers at construction sites "where possible."

STREETS
The situation: KPMG found that 96 per cent of the city's $1 billion annual operating budget for public works covers essential services, so little could be saved here.
The recommendation: Reduce snow removal and street cleaning to "minimum standards." Eliminate windrow-clearing program. Reduce snow clearing in parks and open spaces.

THEATRES, MUSEUMS, OTHER ATTRACTIONS
The situation: The city operates a number of large theatres, such as the St. Lawrence Centre for the Arts, the Sony Centre for the Performing Arts and the Toronto Centre for the Arts, as well as a handful of small museums and heritage houses, such as Fort York, Gibson House and the Spadina Museum.
The recommendation: Sell the theatres and close the museums with the least attendance and lowest revenues.

TORSTAR NEWS SERVICE

1 news

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On the web at metronews.ca

Allan Small says that better leadership on the part of the U.S. and European Union could lead to a rebound in the markets. More at metronews.ca/investing

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City could release zoos to cut costs

Proponents argue one upside of privatization is increased donations
The downside could be job losses

In a cost-cutting move, Toronto city manager Joe Pennachetti's report on the "core services review'' suggests the city issue a call to bidders interested in buying, leasing or operating the Toronto Zoo.

That's not a new notion; in fact, it's a widely accepted practice across North America: Dallas, Texas, privatized the day-to-day operation of its zoo in 2008. Los Angeles is seeking a private sector partner to operate its zoo. And the San Diego Zoo, Seattle's Woodland Park Zoo and the Denver Zoo are all operated by non-profit interests.

"About 84 per cent of major U.S. zoos have privatized. Typically, the city retains ownership of the land, buildings and animals, and a private interest manages the day-to-day operation,'' said Jeb Bonner, vice president of the Greater Los Angeles Zoo Association, a private non-profit backing a city bid to privatize its zoo.

TORSTAR NEW SERVICE

City funds

- Toronto contributes about $12 million a year to the zoo, as well as maintaining small zoos in High Park and at Riverdale Farm, both of which may be closed under the proposed budget cuts.
- Efforts by Toronto Zoo's board of management to dig up big donors, with a goal of raising $250 million to revitalize the centre, have yet to hit pay dirt.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ A young boy walks past a picture-taking area of some of the pens and animals at the Toronto Zoo, yesterday.

City user fees too low: Report

By all indications, it's going to be notably more expensive to enrol your kids in city programs next year.

Yesterday, the city manager's long-awaited review of user fees was released, and while it wasn't as comprehensive as initially planned — the report focused on broad policy goals rather than specific increases — the message was clear: "user fees are generally set too low."

And while no specific program was flagged, the report found that some user fees have not been reviewed since amalgamation.

A second report due sometime in fall will describe which of the city's more than 3,700 user fees — which cover recreation programs, admissions, licensing, childcare, rents and water consumption, among other things — will be affected.

For now, city manager Joe Pennachetti has asked the mayor's executive committee to approve a city-wide policy and set criteria for establishing how much services cost.

Each year the city takes in a little more than $2.8 billion from these fees. For the most part, the city has not accurately priced out how much it costs to deliver the services for which fees are charged, so it's impossible to determine what's appropriate.

"A coherent user fee policy … provides the city with a more efficient user fee program … and thus redirects property tax revenues to fund services that provide a benefit to the public."

TORSTAR NEWS SERVICE

New policy

- The new policy would break down fees into four categories, based on who uses the service.
- For example, police patrols should be 100 per cent funded through taxes because they benefit the entire community.
- Alternatively, a building permit should be completely paid for by the individual through a fee, because it solely benefits that individual.

Canada to reopen Libya mission

Canada is reopening its embassy in Libya's capital. Sources say a small team of diplomats, led by Canada's ambassador to Libya Sandra McCardell, arrived in Tripoli on the weekend.

THE CANADIAN PRESS

MORE COVERAGE, PAGES 14-15

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NDP vows to keep taxing box seats

Large companies will avoid paying HST on luxury seats at sporting events starting in 2015: Horwath

Billions of dollars in "blank cheques" to corporations in the form of planned tax cuts would be reversed by the Ontario New Democrats if they win the Oct. 6 election in favour of more targeted incentives, party Leader Andrea Horwath said yesterday.

Horwath kicked off Week 2 of the campaign by taking her tour buses to the Rogers Centre, home of the Toronto Blue Jays, to announce the NDP would scrap plans to let corporations get an HST exemption from entertainment expenses.

"It's a fun place to make a serious point," said Horwath of the domed sports stadium.

"The blank cheques that we now give in across-the-board tax breaks aren't getting us anything."
ANDREA HORWATH

The HST will be eliminated on such things as buying or renting luxury boxes at sporting and entertainment events starting in 2015, and the NDP would make sure that doesn't happen, said Horwath. The NDP would rather give tax credits to companies that create jobs, not to corporations that wine and dine their guests in expensive suites at sporting facilities, she added.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Ontario NDP Leader Andrea Horwath, left, passes over 14-month-old Tristan Carbajal to his mother Cristina Carbaja in their home during a campaign event in Toronto yesterday.

McGuinty still sweet on junk food ban, fundraising

Ontario's self-proclaimed "education premier" is defending his ban of junk food in schools and allowing schools to raise money — two issues that have come under fire along the campaign trail

Liberal Leader Dalton McGuinty said yesterday he won't forbid fundraising if he's re-elected Oct. 6, but will keep the ban on junk food.

Some groups may be critical of fundraising because some schools end up with more money than others, but the practice has been going on for a long time, said McGuinty.

"Certainly when I was young, I recall coming home with a box of chocolate bars with my brothers and sisters and having a bit of a competition as to who could sell the most without eating the most," said the 56-year-old premier, who grew up in a family of 10 children.

His Liberal government has brought in new fundraising guidelines for schools this year — a first for Ontario — to ensure transparency about what's appropriate and inappropriate, he said.

"Those rules are new and I'm sure they're going to serve us all very well," McGuinty added.

Liberal officials later clarified that the government's fundraising rules are still in draft form.

Under the guidelines, schools cannot charge for textbooks, science lab materials, art supplies or musical instruments.

Schools cannot apply a fee to anything that is mandatory, essential for classroom learning, or the completion of a course, including a student registration fee. **THE CANADIAN PRESS**

'Bizarre obsession'

- McGuinty's education policy has come under fire from Progressive Conservative Leader Tim Hudak who called the premier's ban on junk food one of his "bizarre obsessions."
- "Dalton McGuinty has shown a bizarre interest in the kind of food that we pack for our kids for school," Hudak said.

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario Liberal leader Dalton McGuinty greets workers during a campaign event yesterday at Electrovaya, an electric car battery manufacturer, in Mississauga.

Hudak claims Tories' economic plan is recession-proof

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario Conservative Leader Tim Hudak leaves a campaign event yesterday in Mississauga.

The Progressive Conservatives have an economic plan that can withstand another recession, Leader Tim Hudak said yesterday, but declined to give details about where a Tory government would make cuts if the province were to head into the red once again.

"We've built our plans prudently, we've also made sure there's a reserve in place," Hudak said during a campaign stop in Mississauga.

The Tories have pledged to protect health and education if elected to lead the province, while at the same time cutting government spending by two per cent each year to deal with Ontario's $14-billion deficit.

Critics worry that means Hudak will impose massive cuts similar to those made by former Tory premier Mike Harris if let into office, and argue his vague promises cannot be trusted.

Asked repeatedly where exactly the cuts would be felt in the event of a deeper recession, Hudak simply returned to his party's promise to trim the fat at the province's 630 boards and commissions.

The party has also promised to dismantle the local health integration networks, known as LHINs, which have cost $300 million since they were established in 2007.

"I know it won't be easy and I don't look forward to it, but it must be done and it can be done smart," Hudak said.

THE CANADIAN PRESS

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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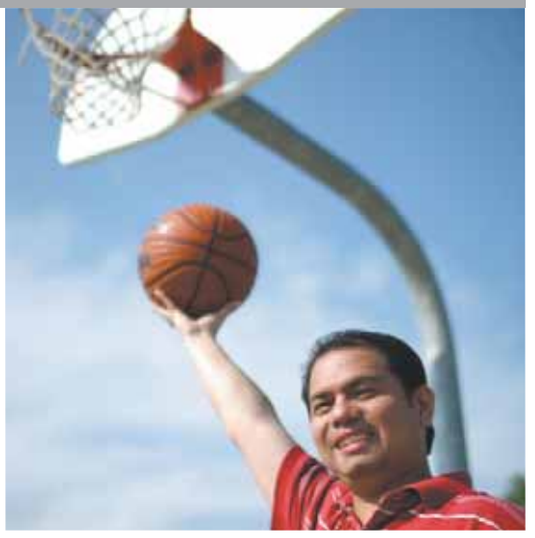

Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

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Pipeline blast kills at least 75

- Death toll expected to rise
- Children suffer serious burns in fire that swept through slum

A leaking gasoline pipeline in Kenya's capital exploded yesterday, turning part of a slum into an inferno in which at least 75 people were killed and more than 100 hurt.

Flames leapt out from the pipeline in a radius of some 300 metres, setting shacks ablaze and incinerating scores of people. Reporters later saw clusters of charred bodies and blackened bones at the site. Some burned bodies floated in a nearby river filled with sewage.

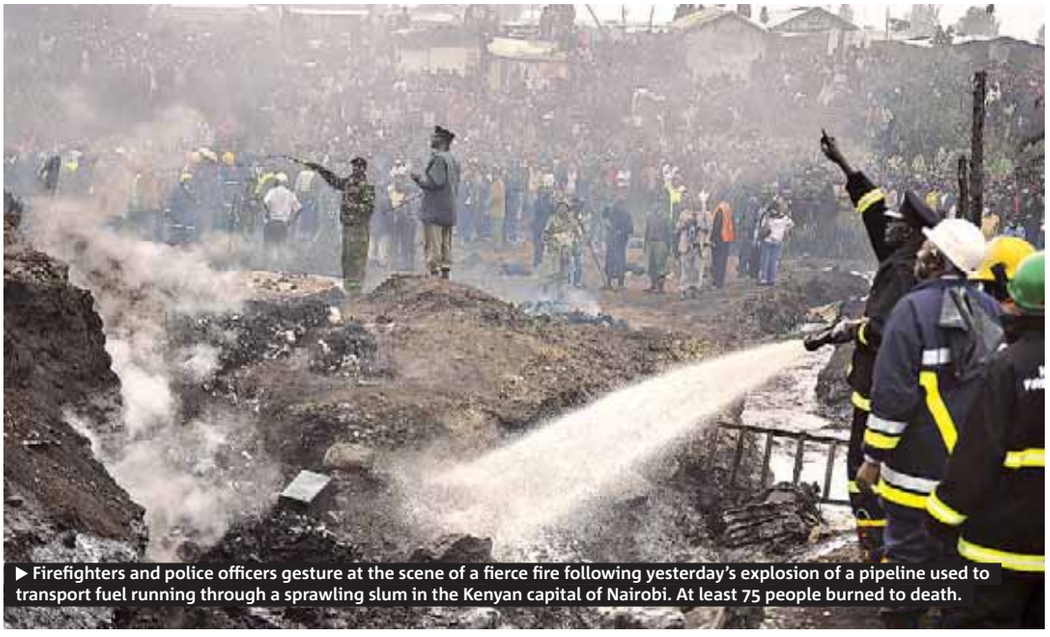
Resident Joseph Mwangi, 34, said he was feeding his cow when people went running past him, calling out that there was a leak in the pipeline. He said others started drawing fuel and that he was going to go and get a bucket and get fuel too when he heard an explosion around 9 a.m. By then, fuel had leaked into the river and parts of the river had also caught fire. People in flames were jumping into the fiery, stinking mess, he said.

THE ASSOCIATED PRESS

Deja vu

- In 2009, at least 120 people were killed when they were trying to scoop fuel spilled from a crashed gasoline tanker in Kenya and it exploded.

TONY KARUMBA/GETTY IMAGES



▶ Firefighters and police officers gesture at the scene of a fierce fire following yesterday's explosion of a pipeline used to transport fuel running through a sprawling slum in the Kenyan capital of Nairobi. At least 75 people burned to death.

No leaks after explosion at French nuclear site

An explosion at a nuclear waste facility in southern France killed one person and injured four yesterday. Authorities said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Authority declared the accident "terminated" soon after the blast at a furnace in the Centraco site, in the southern Languedoc-Roussillon region, about 32 kilometres from the city of Avignon. One of the injured suffered severe burns.

The agency said the situation had been brought under control in less than an hour after it broke out shortly past noon. The building that houses the furnace wasn't damaged, no leaks were reported and residents who live near the site were not evacuated, the agency said in a statement.

The cause of the accident is not known, and an investigation has been opened to see what went wrong, authorities in Paris said.

France is the world's most nuclear-dependent nation. It relies on the 58 nuclear power plants that dot the country for about three-quarters of its total electricity, and it's also a major exporter of nuclear technology throughout the world.

While the March meltdown at Japan's Fukushima plant prompted other countries to re-evaluate their nuclear programs — with neighbouring Germany vowing to shut all its plants by 2022 — France has remained steadfast in its support for nuclear energy.

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MIKE SEGAR-POOL/GETTY IMAGES

▶ Visitors make rubbings from one of the panels with the names of the victims of the 9-11 attacks on the first day it was open to the public.

‘It’s like an entrance to eternity’

9-11 memorial in New York opens to the public amid tight security

Exactly 10 years ago, Ground Zero was a smoking, fire-spitting tomb, a ghastly pile of rubble and human remains. Yesterday it was a place of serenity — an expanse of trees and water in the middle of a bustling city — as the 9-11 memorial opened to the public.

“It’s like an entrance to eternity,” said Wojtek Ballzun, a rail worker from Warsaw, Poland.

About 7,000 people registered online for free tickets to visit on opening day, and 400,000 are signed up for the coming months, according to the non-profit organization that oversees the memorial.

Security was airport-tight, with visitors forced to empty their pockets, go through a metal detector and send their bags through an X-ray machine.

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Horsing. Around

▶ Riders pass the grandstand during the 9th National Traditional Games of Ethnic Minorities of the People’s Republic of China yesterday in Guiyang.

FENG LI/GETTY IMAGES

Fashion over function

China’s National Traditional Games of Ethnic Minorities is more a compilation of national costumes and fashion traditions than it is a sporting event. The games will span some eight days of intense competition between the ethnic groups of China, participating in traditional events such as bamboo beam boating, Pearl Ball and camel racing.

CORRECTION NOTICE

The Over the Rainbow ad published in the Shopping Directory on Friday September 9th should not have appeared.

The sale incentive displayed is expired and Metro regrets any inconvenience this may have caused.

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Vegans must do time for baby's death: Court

Conviction upheld for Georgia couple whose infant starved to death Neglect a factor, prosecutors say

An Atlanta vegan couple whose malnourished six-week-old son starved to death after they fed him a too-limited diet of soy milk and apple juice must serve their life sentences for murder, Georgia's Supreme Court ruled yesterday.

Jade Sanders and Lamont Thomas were in their 20s when they rushed their infant, Crown Shakur, to the hospital in April 2004 after he began to have trouble breathing. Doctors couldn't resuscitate him and determined he died of extreme malnourishment.

At the 2007 trial, prosecutors said the soy-milk cartons in their apartment stated it wasn't to be used as a substitute for baby formula. They also said the couple intentionally neglected their child and refused to take him to the doctor even as his body wasted away. He was just 1.6 kilograms when he died, about as much as a baby weighs at seven months into a normal pregnancy.

Defence attorneys countered that the parents did the best they could while adhering to the lifestyle of vegans, who typically use no animal products. They said Sanders and Thomas did not realize the baby was in danger until they rushed his emaciated body to the hospital.

A jury convicted them of malice murder, felony murder, involuntary manslaughter and cruelty to children.

The court yesterday rejected the couple's appeal.

THE ASSOCIATED PRESS

Deprived of food

- **Police searching the** couple's apartment in 2004 found a soy-milk bottle, an apple-juice bottle and a rancid-smelling baby bottle caked with debris.
- **"No matter how many** times they want to say 'We're vegans, we're vegetarians,' that's not the issue in this case. The child died because he was not fed. Period," prosecutor Chuck Boring said during the trial in 2007.

Storm. Watch

▶ A few brave souls watch as monster waves crash over the harbour wall yesterday in Porthcawl, Wales. Britain's weather agency says the remnants of Hurricane Katia could bring the worst storms to hit the country in 15 years.

MATT CARDY/GETTY IMAGES

Britain battered by Katia's last stand

Katia was the second major hurricane of the 2011 Atlantic hurricane season and at its peak was rated as a category-four hurricane on the Saffir-Simpson scale. It was downgraded to a storm as it moved over the Atlantic. High winds and rain hit parts of Northern Ireland, north Wales, northern England and Scotland yesterday.

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Gadhafi turns defiant firebrand

'We will not be ruled after we were the masters,' reads brief statement attributed to Gadhafi aired on Syrian TV

Fugitive leader Moammar Gadhafi urged his followers to fight yesterday in a brief message of defiance that carried wider resonance after twin attacks on a key oil hub and fierce resistance in a loyalist stronghold by fighters believed led by the former Libyan ruler's son.

The back-to-back strikes at the Ras Lanouf oil facility — killing at least 15 anti-Gadhafi forces — showed that blows can still be inflicted deep within territory held by the Western-backed opposition, which is struggling to break through the last Gadhafi bastions.

Opposition reinforcements, including convoys of pickup trucks mounted with machine-guns, converged outside the loyalist-held town of Bani Walid for a possible intensified assault after several failed attempts to drive out pro-Gadhafi forces. One opposition commander claimed Gadhafi's son Seif al-Islam is leading loyalist forces massed in the town, southeast of Tripoli.

It's unlikely that pro-Gadhafi fighters can withstand a sustained siege on the town. But it's unclear whether the showdowns in the last loyalist strongholds — including Gadhafi's hometown of Sirte — will mark a crippling end or open a new phase of an underground insurgency and hit-and-run attacks against Libya's new leadership.

A brief statement attributed to Gadhafi was read on Syria's Al-Rai TV by its owner Mishan al-Jabouri, a former Iraqi lawmaker and Gadhafi supporter.

The message described Libya's new leaders as "traitors" who are willing to turn over the country's oil riches to foreign interests.

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▶ Graffiti depicting ousted Libyan leader Moammar Gadhafi is seen on a wall in Tripoli, yesterday.

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Playboy son flees to Niger

DAN PELED/THE ASSOCIATED PRESS FILE

▶ Al-Saadi Gadhafi

Moammar Gadhafi's 38-year-old son, known for his love of fast cars, soccer and excessive partying, slipped into Niger over the weekend and began making his way yesterday to the capital, a Niger government official said.

In Washington, a State Department spokesperson confirmed that al-Saadi Gadhafi has crossed into Niger. He is one of the highest-profile former regime figures to flee to the landlocked African nation.

THE ASSOCIATED PRESS

Moammar as grandad

THE ASSOCIATED PRESS

▶ An image from an undated video showing Moammar Gadhafi clowning around with two young boys, thought to be his grandsons, at an unknown location.

This was a side of Moammar Gadhafi only available behind closed doors: Kneeling on a prayer mat in a white track suit and clowning around with two young boys, presumably his grandsons.

The 32-second video, obtained yesterday by The Associated Press, was found on a laptop in the home of Gadhafi's son Hannibal. The images of Gadhafi as a loving grandfather are in sharp contrast to the brutality of his 42-year regime, including the crackdown on opponents during Libya's six-month civil war.

It is not clear when the video was shot.

But the ousted dictator's face looks wrinkled and bloated, similar to his appearances on Libyan state TV several months ago. As he kneels forward, Gadhafi, now 69, reveals a bald spot at the back of his head. His curly mop of dyed black hair has earned him the mocking nickname "frizzhead," or "shafshufa" in Arabic.

THE ASSOCIATED PRESS

Fierce Mouse a lot of bull

ALBERTO SAIZ/.THE ASSOCIATED PRESS

▶ A man runs away from 'Mouse' the killer bull.

With more than 3,000 fans cheering in the farm town of Sueca, a hulking, black-and-white fighting bull named Mouse chased one daredevil runner after another, trying to flip them airborne and skewer them as he did a month ago in a fatal goring that enshrined his reputation as Spain's most feared and famous beast. **THE ASSOCIATED PRESS**

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Debt crisis

- **The European Commission** said Greece's budget deficit as a percentage of national income would likely reach 9.5 per cent, up from the originally predicted 7.6 per cent.
- **Debt-crippled Greece** is being kept solvent by a $150-billion US international rescue loan. The cash lifeline, without which Greece would go broke in weeks, is conditional on Athens meeting its savings targets.

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FACUNDO ARRIZABALAGA/GETTY IMAGES

George Osborne, Britain's finance minister

Escort's claim revives scandal

Dominatrix's story highlights cosy ties between British politicians and the Murdoch press

A dominatrix's sensational story of sex, cocaine and tabloid wrongdoing has revived questions over the relationship between Rupert Murdoch's scandal-hungry News of the World and Britain's finance minister, George Osborne.

Former escort boss Natalie Rowe, in a television interview, says the tabloid deliberately twisted her claims that she and the Conservative party politician used to snort cocaine together years ago so that Osborne was not tainted in the scandal.

"They stole the story and then they didn't even tell it as it should have been told.... They completely diluted it and made it look like I was not to be trusted."
FORMER ESCORT BOSS NATALIE ROWE, IN A TELEVISION INTERVIEW

The idea that Osborne — now one of the country's most powerful politicians — could have been deliberately cast in a sympathetic light by a Murdoch paper have raised new questions about whether the now-defunct tabloid was playing favourites with its political exposes.

Osborne was the key Conservative to recommend that Murdoch executive Andy Coulson, a former News of the World editor, become Prime Minister David Cameron's top communications aide.

Rowe's claims that she, Osborne and his well-heeled friends indulged in cocaine together at louche parties are long-standing and have been repeatedly denied by the 40-year-old Osborne. THE ASSOCIATED PRESS

News in brief

Dolby drops RIM lawsuit

PATENT. Dolby Laboratories says it has dropped its two patent-infringement lawsuits against Research in Motion after the BlackBerry maker agreed to license its patented digital-audio-compression technology that enables the playback of high-quality audio files using limited storage space.
THE ASSOCIATED PRESS

Suzuki ends pact with VW

ALLIANCE. Suzuki Motor Corp. said yesterday it will abort its alliance with Volkswagen AG, ending a nearly two-year marriage that never worked and escalated into a public feud.

The deal had been aimed at accelerating Suzuki's development of ecological vehicles.
THE ASSOCIATED PRESS

Market moment

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BROADCASTERS

Astral calls for level playing field

Specialty media company Astral Media says foreign Internet competitors like Netflix should be subject to the same rules as Canadian broadcast providers.

In a speech yesterday, Astral chief executive Ian Greenberg called it "unfair competition."

Astral and most other Canadian broadcasters, have pressed the federal regulator for stiffer rules on Netflix operations in Canada so all movie providers face a level playing field — no matter whether they broadcast over the airwaves, on cable or via the Internet.

Astral has long-term deals with most U.S. movie studios to help counter competition from Netflix.

Netflix is competing for licensing rights with TV networks and pay TV services for content. It had 23.6 million subscribers in the U.S. and Canada at the end of March, double the number from the same period two years ago.
THE CANADIAN PRESS

Obama urges quick passage of jobs bill

U.S. President Barack Obama bluntly challenged Congress yesterday to act immediately on his new jobs plan, brandishing a copy of the legislation and demanding: "No games, no politics, no delays."

9.1% Obama adopted a newly sharp tone, deriding Republican opposition at a time when unemployment stands at 9.1 per cent.

Surrounded by police officers, firefighters, teachers, construction workers and others he said would be helped by the $447-billion US package, the president said the only thing that would block its passage would be lawmakers deciding it wasn't good politics to work with him.

As envisioned by Obama, state and local governments would receive $50 billion US for transportation projects; $35 billion US for school, police and fire department payrolls; $30 billion US to modernize public schools and community colleges; and $15 billion US to refurbish vacant and foreclosed homes or businesses. The centrepiece of the plan cuts payroll taxes, giving a tax break to workers and businesses.
THE ASSOCIATED PRESS

FABRICE COFFRINI/GETTY IMAGES

European Central Bank chief Jean-Claude Trichet.

Bankers don't expect global economy to tip into recession

The world's leading central bankers agree that the global economy is slowing, but do not expect it to enter recession.

European Central Bank chief Jean-Claude Trichet said central bankers agreed yesterday they "have the weaponry to provide liquidity" to banks as needed worldwide, and on an unlimited basis at fixed rates in the eurozone.

Trichet, chairing his last Global Economy Meeting of the Bank for International Settlements, said "we are certainly observing ourselves the slowing down of the global economy."

But he said central bankers at the Basel-based BIS, a key standard-setter for the world economy, "don't see a recession in the cards, not at all."
THE ASSOCIATED PRESS

BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO

I never call "shotgun!"

Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

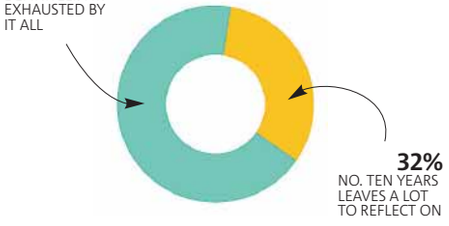
Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Was media coverage of the 9-11 anniversary over the top?



Local tweets

@geepsA: Neil Young documentary tonight. Neil Young w PJ last night. #TIFF you are making me a #happyboy

@duewest: Vigalondo on not having any extraterrestrials in his film Extraterrestrial: "Is this a rule? I saw no dogs in Reservoir Dogs!" #TIFF11

@brigittekasko: At the toronto zoo.. Completely amazed by the grizzly bear! #grizzlybearsarehuge

@unitedlabour: Closing the Toronto Zoo? Way to go Ford! Serves the lazy public servant animals right. They've never offered to take concessions on food.

@SeadogDriftwood: Rob Ford: While you're at it: DEFINITELY sell the subway and the zoo. And close or sell off ALL city-owned museums. Those things DRAIN CASH.

@steviepeters: Maybe we could turn the Zoo into a mall. A mall where you look at animals.

@lorellab: Rob Ford has located the elusive gravy train! It's that little shuttle you ride at the Metro Zoo.

Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

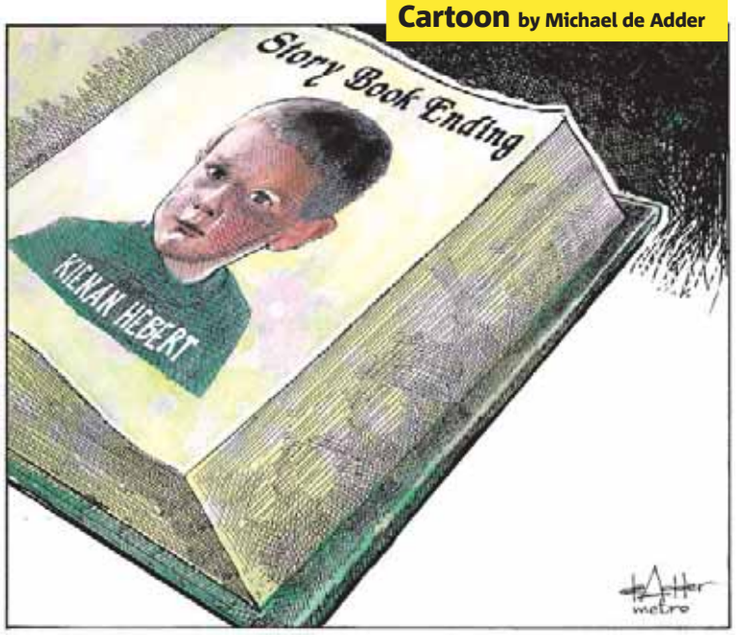
He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child.... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

ABUBAKAR N. KASIM
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. THE ASSOCIATED PRESS

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Not the same old hook

Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician Reveals his feelings about being sidelined from the New Order reunion

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

PHOTO CREDIT: TIMOTHY NORRIS

▶ This year, Peter Hook is reincarnating Joy Division's more sophisticated work, Closer.

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through Unknown Pleasures in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, Closer. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-wracking, especially playing Ian's parts. My son is the same age as I was when we did Unknown Pleasures, which is quite weird, but my son was very supportive. He said, "Dad, it sounds fine. Don't worry about it. It will get better." And as we practiced, it did, and I felt happy doing it..

Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bitter sworn enemies, which was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision. And there have also been some, shall we say, little business shenanigans, which have proved to be quite distressing, which I'm sorting out at the moment. It's not been nice, and I didn't expect it to be nice.

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2 scene

Scene in brief

Andy Whitfield, the 39-year-old star of the cable series Spartacus: Blood and Sand, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield's wife Vashti in a statement called her husband a "beautiful young warrior" who died on a "sunny Sydney morning" in the "arms of his loving wife." Whitfield — who was born in Wales and lived in Australia — was a virtual unknown when he was cast as the title hero in Spartacus, a hit original series for the Starz network that made waves with its graphic violence and sexuality. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Incendies
Genre: Drama
Director: Denis Villeneuve
Stars: Lubna Azabal, Mélissa Désormeaux-Poulin, Maxim Gaudette

Director Denis Villeneuve says Incendies refers to an inferno that leaves "something totally destroyed, totally transformed … destruction that you cannot change afterwards."

The metaphor well suits his film's emotional intensity. My pick for the best of 2010 and also Oscar contender for Best Foreign Language Film, Incendies is a detective story, thriller and family drama in one.

It's set in Canada and the Middle East, and freely adapted from Lebanese-born Quebec playwright Wajdi Mouawad's acclaimed stage work of the same name. Incendies is a commanding film of multiple revelations, locations and decades that ultimately becomes a work of transcendent reconciliation.

PETER HOWELL

Thor
Genre: Action
Director: Kenneth Branagh
Stars: Chris Hemsworth, Anthony Hopkins, Natalie Portman

To all but the nerdiest of kids in days of yore, The Mighty Thor was the comic book you bought after you'd blown your allowance dough on the other A-list action heroes.

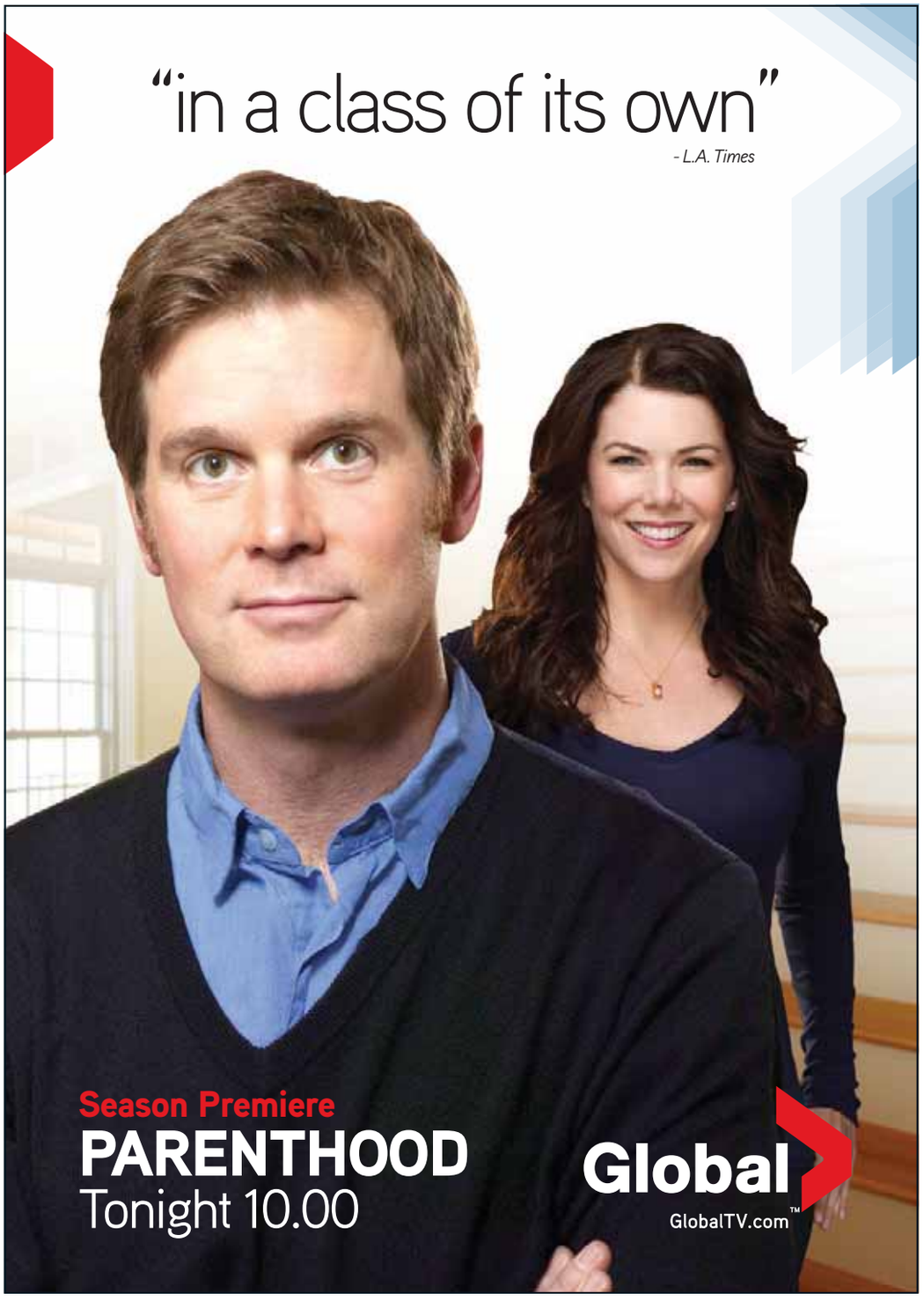
But on the big screen, it's a whole other Thor-y, especially with the welcome discovery of Aussie actor Chris Hemsworth in the title role of the exiled and agitated Norse god.

Kenneth Branagh directs, and this great Shakespearean actor and occasionally good filmmaker rightly susses that the material needs the grand playwright's mix of humour and pathos.

For a fun and fluffy popcorn flick, it's got plenty of butter.

Essentially an origin story, but more than just a lead-up to next summer's anticipated all-star rumble The Avengers, it's the classical saga of two sibling rivals and the father they seek to impress.

PETER HOWELL



Tips from TUFF experts

Want to know how to make a stand-out video, short film or just improve your home movies? With the Toronto Urban Film Festival screening in subway stations around Toronto, Metro got tips from past festival winners to learn how to turn that 'same old, same old' into something special.

Linda Matarasso, Rockstar. Winner: Best in Category, 2007
Your film or video must be visually arresting; don't forget that your film/video will be seen in a busy environment with lots of movement, colours and textures around it so consider simplicity and contrast in your film/video's composition – past techniques that caught my attention include choosing strong shot compositions that aren't overcrowded with visual elements.

Dara Gellman, TUFF 2009 Guest Juror
Without sound and without more than a minute and an audience on the move, every image counts. It is a super fun challenge to catch an audience's attention. I went for simplicity and colour.

Elizabeth Belliveau, Anchor Your Heart. Winner: Best in Category, 2008.
One minute can feel like a very long time, especially without sound to help move things along. So keep it visually stimulating and coherent.

Vuk Dragojevic, The Spit. Winner: 3rd Place, 2009.
The screens on the TTC platforms are small with people watching from varying distances—thus small details might be difficult to catch. Humour also never hurts...

Tara Cooper & Terry O'Neill, Tara and Terry's Summer Vacation. Winner: Honourable Mention, 2009
If there is writing make sure it is large enough to read on a small screen and there is enough time to read it clearly.

METRO

TUFF

On through Sunday, the Toronto Urban Film Festival plays dozens of movies on the ONESTOP TTC subway platform screens for an estimated audience of 1.3 million daily commuters.
For more information on the festival, visit torontourbanfilmfestival.com.

Sounds Like. Nick Carter

▶ Nick Carter is back with a new album, I'm Taking Off.

What is your greatest fear?
It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?
Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?

Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene

Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say to yourself before a show?
I dont' say anything. I'm dancing.

Your last meal — what would it be?
Everyone wants to go for something super fattening. I don't think I'd would — I'd go for something healthy.

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A seizure ended Amy's life: Father

Amy Winehouse's father, Mitch Winehouse, thinks the singer's tragic death was due to an alcohol-induced seizure, he tells Anderson Cooper.

"Everything Amy did, she did to excess," Mitch says. "She drank to excess and did detox to excess. [But] when she wasn't drinking, she was absolutely on top of the world." METRO

Witherspoon won't sue

While Reese Witherspoon isn't pressing charges against the driver who struck her while she was jogging last week, the experience has still reportedly left her shaken up, according to Us Weekly.

"The whole incident really frightened her," a source says. "The odd thing about all of this is that Reese has always been very afraid of being hit by a car." METRO

Celebrity tweets

@diablocody
One would think using whitening toothpaste for one's entire adult life would result in white teeth

@JennyMcCarthy
I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.

@JimCarrey
I've always hd infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok

@ConanOBrien
Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

GETTY IMAGES

▶ Bradley Cooper and Jennifer Lopez

B.Coop and JLo may be an item

Jennifer Lopez reportedly shared an intimate dinner recently with Bradley Cooper recently, leading many to speculate that she's moving on from her divorce from Marc Anthony with the Hangover star, according to TMZ. The pair shared a "romantic" meal at posh restaurant Per Se, sources tell the website. METRO

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Clooney heads north to reveal new relationship

THE CANADIAN PRESS

▶ George Clooney and Stacy Keibler

Former WWE star holds her own on the red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two films at the festival, the Ides of March and the Descendants, hitting up several parties.

"One of the reoccurring themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says.

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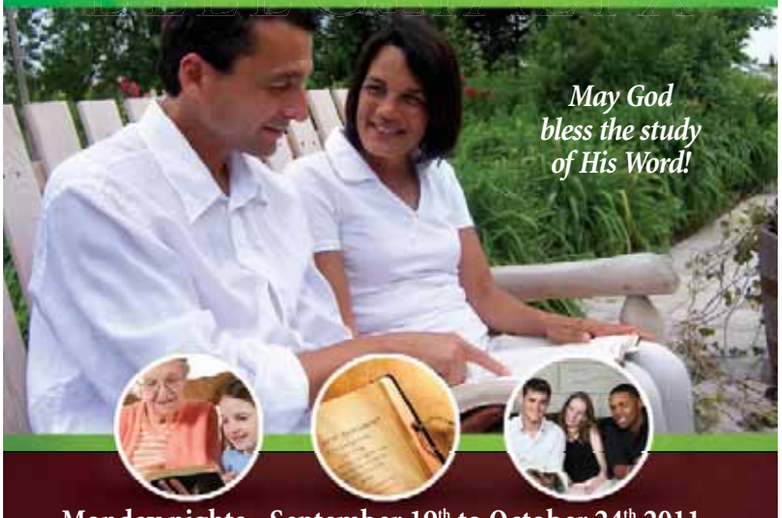

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Toronto International
Film Festival

TIFF party report

The film fest may be creeping into the work week, but that hasn't remotely dampened the party vibe

NED EHRBAR
SCENE@METRONEWS.CA

ALEXANDRA WYMAN/GETTY IMAGES

▶ Ewan McGregor and Emily Blunt attend the party for Your Sister's Sister hosted by Grey Goose Vodka at Soho House Pop Up Club on Sunday.

The party celebrating Ethan Hawke and Kristen Scott Thomas' the Woman in the Fifth got a decent infusion of celebrity, with appearances by Hawke, Dave Matthews and Colin Farrell, who didn't stay long.

He probably wanted to get over to the Sony Pictures Classics 20th anniversary party at Spice Route, as a glut of famous faces made it quite the go-to destination, including Geoffrey Rush, Antonio Banderas, Heather Graham, Milla Jovovich, Chloe Moretz, Adam Brody, Jessica Chastain and Bryce Dallas Howard, who waited patiently in line before gaining admittance.

But the celebs' preferred spot in town continues to be the hastily installed Toronto outpost of the Soho House, which has permanent addresses in New York and Los Angeles.

After hosting George Clooney and crew for most of the opening weekend, the raw space hosted Sunday's after-party for Your Sister's Sister, starring Emily Blunt and Mark Duplass. Both made appearances at the party, along with director Lynn Shelton, and they blended in among the filmmaker-heavy crowd.

Martha Marcy Mae Marlene director Sean Durkin worked the room with his film's star, Hugh Dancy, while Justin Bartha, Gael Garcia Bernal and Diego Luna enjoyed the open bar.

Monday night showed no signs of slowing, with parties planned in the Distillery District by Mongrel Media to celebrate Sarah Polley's Take This Waltz and at the Spoke Club for the film a Funny Man, while Summit Entertainment will toast their critically acclaimed 50/50.

TIFF tweets

▶ **@InStyle** "Freida Pinto's Toronto Film Festival wardrobe got stuck in customs, but she survived!"

▶ **@BeautyandDirt (Mimi)** "Just seen Friends With Kids + Q&A with writer, Jennifer Westfeldt & her partner Jon Hamm, this movie will get a lot of love."

▶ **@andrewtmccarthy** "Headed up to #Toronto today for the film festival. A nice film I did called 'Brooklyn Brothers Beat the Best' premiers tonight."

▶ **@itsmeleighton (Leighton Meester)** "Goodbye Toronto! Thank you #TIFF #TheOranges :)"

▶ Freida Pinto

TIFF at a glance. Tuesday

The Hollywood Foreign Press Association and InStyle host a party tonight at the Windsor Arms Hotel, 18 St. Thomas St.
Ralph Fiennes and Gerard Butler's Coriolanus screens at 6 p.m. at the Elgin Theatre, 189 Yonge St.
Butter, starring Olivia Wilde and Hugh Jackman, premieres at 9:30 p.m. at Roy Thomson Hall, 60 Simcoe St.
Peace, Love, & Misunderstanding, with Catherine Keener and Jane Fonda, premieres at 6:30 p.m. at Roy Thomson Hall, 60 Simcoe St.

Swag Pick

Stila

NKPR

Always glam popstar Keshia Chanté proclaimed, "Stila is the only makeup I wear!" before sitting down to have her lips touched up by a Stila pro makeup artist at the IT Lounge.

For every celebrity who visits the IT Lounge and participates in the Kiss for a Cause campaign, Stila is donating to Camp Oochigeas, a camp for children with cancer. ELIZABETH BEDDALL

metro ChickAdvisor
GET tiff'd
Which designer's outfit would you wear on the red carpet?
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Monday's question: Which pick-up line would you try on a celebrity you meet at TIFF?

Answer: "How's about putting your film in my canister?" —Alex

"Since I'm a gentleman, I'd just say, 'Wow, you are so beautiful. May I join you for a drink?'" —Hendrik A

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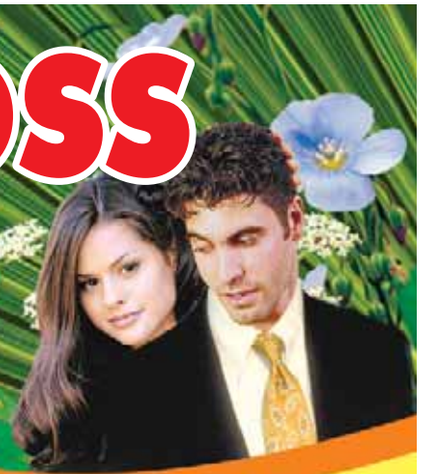

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BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology.

If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

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SpongeBob in hot water after study shows tots have short attention span afterwards

ISTOCK PHOTOS

▶ One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

Getting fit is good But what happens when some people take it too far? Metro found out

CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to hour hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- You say no to social activities with friends so you can exercise
- You exercise more than two hours a day
- You would be depressed if you couldn't exercise
- You always exercise alone
- You don't get enough sleep because of exercise

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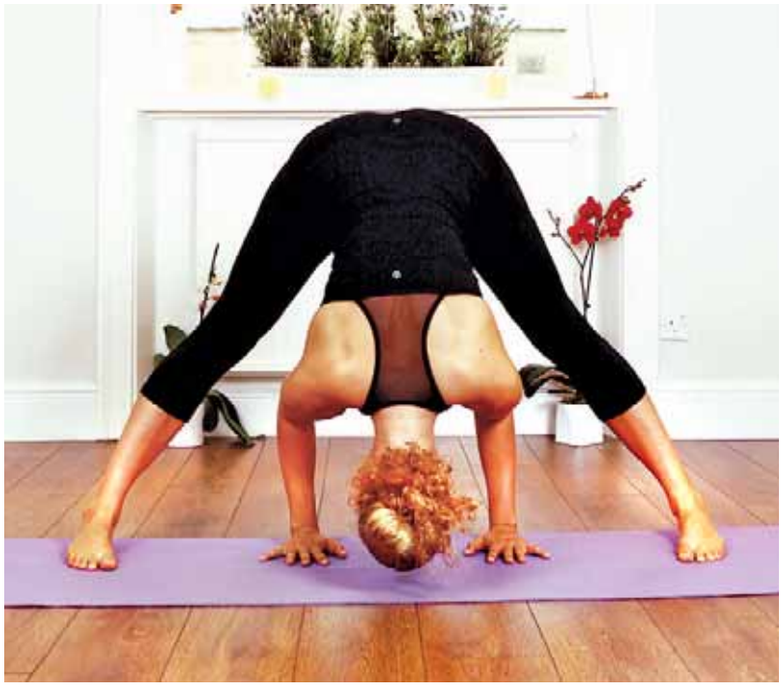

Yoga pose.
Prasarita padottanasana

What you do:

1 Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by drawing them up.

2 Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull.

3 Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso pressing your palms into the floor.

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Presented by: Dr. Jennifer Jenkins
• Viewing of "Lost and Found: Parents and Teens Speak Out About Teenage Depression"
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Getting the skinny on digestion supplements

The brains behind the Skinnygirl brand has launched a cleansing aid

Bethenny Frankel just wants to make your life a little easier. She's authored best-selling books and created the group of Skinnygirl Cocktails, fitness DVDs and a line of slimming undergarments.

She spoke with Metro about her two new supplement lines intended to aid digestion.

Was Skinnygirl Daily always in the plan for your Skinnygirl brand?

It was initially gonna be a book, because people keep asking me about cleansing. I've fasted, I've juiced, I've done everything, so people wanted me to write a book — and I probably will write a book — but I realized how much confusion there is on cleansing. The word "detox," the word "cleansing," people don't know what it means, and the health food stores do not help because the products in there are all quick fix. It's just not realistic, it's not sustainable, it's not gonna last. I've always had issues with digestion and not drinking enough water and not [eating] enough greens, so I decided to create something to just solve that problem.

How is your line different from other cleansers on the market?

It's not harsh or extreme. It's something you can take every single day and decide if you want to take it once a day or twice a day, you make it work for you. And it's all-natural. A lot of products aren't all-natural — they have bright things to make it taste better or bright colors — (this) is just an all-natural product that you can trust that keeps things moving.

What's a typical day of eating like for you?

I don't have a typical day. I like pizza, I like French fries. I eat differently every single day. I think when you're doing something like this, you also feel a little bit healthier, so you're not gonna be eating the whole pizza and cheeseburger and cheesecake. But it's not about going on a crash diet either: The better foods you're eating — the more high fiber and vegetables and brown rice — the better the product will work and the healthier you'll just be and feel. It's just an extra little push.

Where do you find the time to cook?

It doesn't take that much time and I prepare in advance. Yesterday I made a bunch of food for the next three days.

MEREDITH ENGEL

TOBY CANHAM/GETTY IMAGES

▶ Bethenny Frankel launches her Skinnygirl Daily product range earlier this summer.

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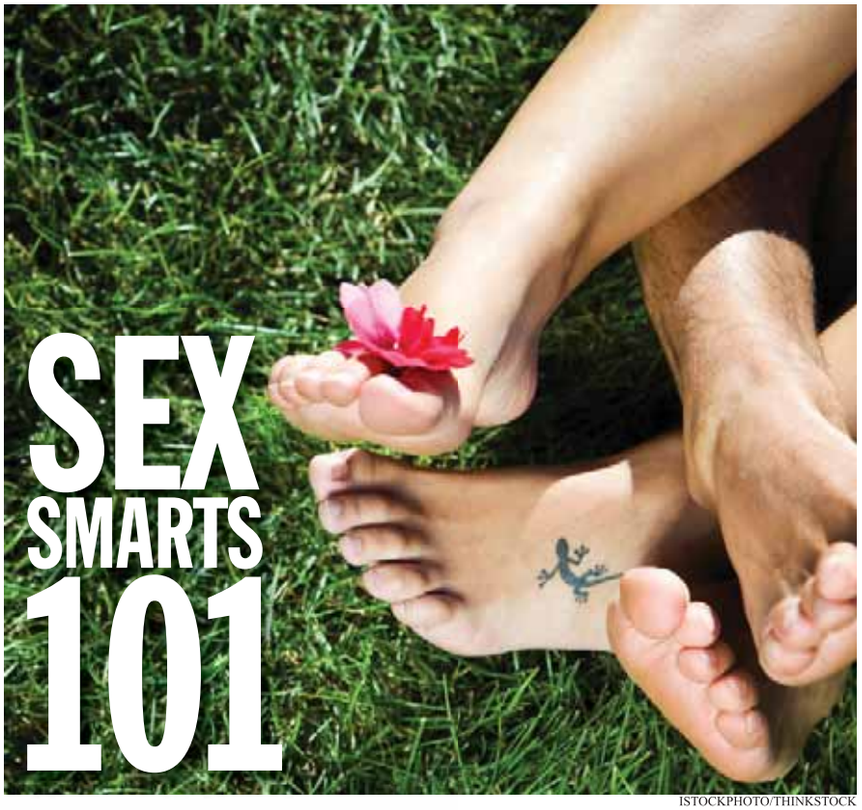
SEX SMARTS 101



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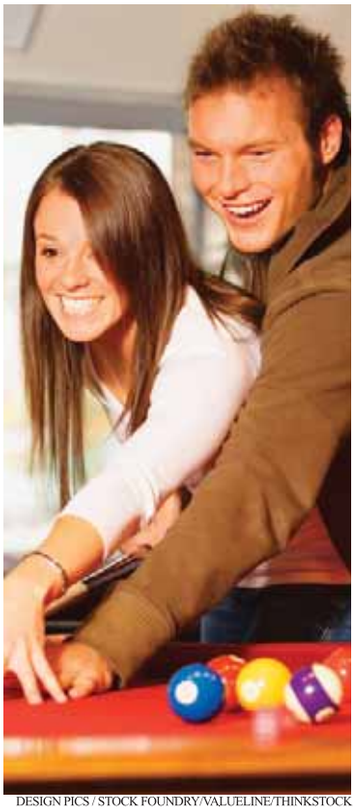


DESIGN PICS / STOCK FOUNDRY/VALUELINE/THINKSTOCK

BANANASTOCK/THINKSTOCK

FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses. For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly."

Milhausen encourages a two-pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

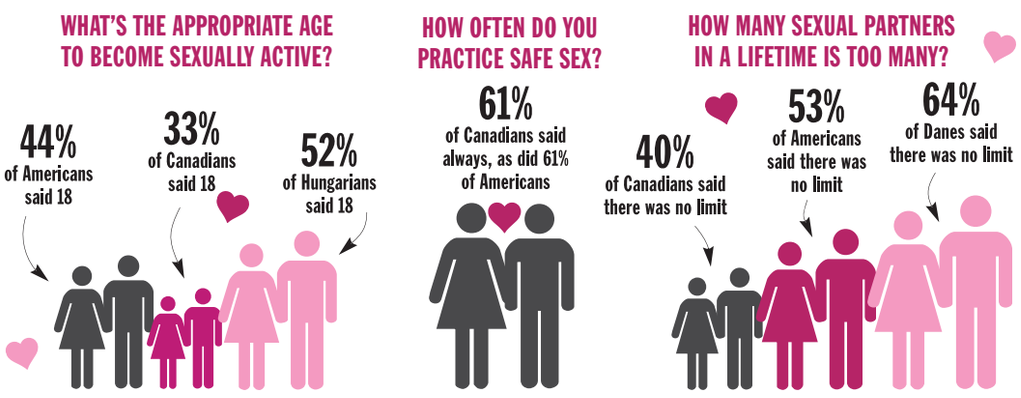
Meanwhile, one hot campus trend was thrust into the spotlight when the film, Friends with Benefits, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it."

That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

– Tanya Enberg

SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:


WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?
44% of Americans said 18
33% of Canadians said 18
52% of Hungarians said 18
HOW OFTEN DO YOU PRACTICE SAFE SEX?
61% of Canadians said always, as did 61% of Americans
HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?
40% of Canadians said there was no limit
53% of Americans said there was no limit
64% of Danes said there was no limit

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.

ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room.

"Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

FIRST ENCOUNTERS

STOCKBYTE/THINKSTOCK

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (Sieccan). "They are also more likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex, compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see, monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

– Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

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MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). *– Tanya Enberg*

OUT OF THE BOX

LUBRICATED
Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

NAKED SENSATIONS
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FIRE & ICE
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DOUG MENUEZ/PHOTODISC/THINKSTOCK

TYPES OF STIs

HPV (HUMAN PAPILLOMAVIRUS)

- HPV is the most common STI. It is believed that more than 50 per cent of sexually active people will have HPV at some point.
- There are 40 different types of HPV that can be sexually transmitted. Types 6 and 11 can cause genital warts; types 16 and 18 can lead to cervical cancer.
- You can carry and transmit an asymptomatic HPV infection long after you get it. Using condoms consistently can significantly reduce the probability of transmission.

HSV (HERPES SIMPLEX VIRUS)

- HSV is one of the most common STIs there is, and once you have the virus, it will stay with you even when you aren't having an outbreak.
- There are two basic types of the herpes simplex virus: HSV-1 and HSV-2.
- If you get infected, but have no outbreaks, you can still transmit the virus to other people. In fact, this is how most cases of genital herpes are transmitted.

CHLAMYDIA

- Common among teenagers and young adults in their 20s.
- If left untreated, chlamydia can cause pelvic inflammatory disease, tubal infertility, chronic pelvic pain, ectopic pregnancy, and make you more susceptible to contracting HIV.
- Chlamydia is easy to treat if it's caught early.
- Using latex, polyurethane or polyisoprene condoms reduces the chances you will be infected.

GONORRHEA

- Gonorrhea is very infectious.
- This infection can be passed whether symptoms are showing or not.
- You can protect yourself against this infection by consistently using a condom.

HBV (HEPATITIS B VIRUS)

- HBV is a dangerous STI that infects the liver. A vaccine is available to prevent infection.
- Many people infected with hepatitis B virus have no symptoms.
- Hepatitis B has become less common in Canada in recent years, partly because many people have been vaccinated against it. It's likely that condoms reduce the risk of transmission because HBV sized viruses are too big to pass through latex, polyurethane or polyisoprene condoms.

HIV/AIDS

- Human immunodeficiency virus (HIV) is the cause of acquired immunodeficiency syndrome (AIDS).
- More than 65,000 Canadians have tested positive for HIV, there are about 2,500 new HIV infections each year, and it is estimated that more than a quarter of people with HIV in Canada don't know they have it.
- No one who is sexually active is immune from the possibility of HIV infection. If used consistently, latex, polyurethane or polyisoprene condoms are very effective in preventing HIV infection.

– Source: weknowsex.ca

PROTECT YOURSELF

Used properly, condoms can greatly reduce the risk of pregnancy and sexually transmitted infections (STIs). When you use a condom, you protect both yourself and your partner by helping prevent the spread of such STIs as herpes, chlamydia, gonorrhea, HPV and HIV.

The website Weknowsex.ca has lots of valuable information about STIs, including the fact that you can be infected with one but not show any symptoms, which means you may not even know you have one.

So how do you know if you're at risk? Even if you're in a monogamous relationship or you're really careful when it comes to your sexual behaviour, you're still at risk of getting an STI. That's because it's common for people to bring a symptom-free STI they don't know they have with them to a new relationship.

On the other hand, if you have an STI with symptoms such as genital warts for HPV, lesions or blisters for genital herpes and genital discharge and pain for chlamydia, the responsible thing to do is to tell every new sexual partner that you have an STI. That way, your partner can make an informed decision about whether to use a condom to help prevent becoming infected with your STI.

STIs tend to be more common in women than men, simply because women are more biologically susceptible to them. It's a good idea for anyone who is sexually active to get tested for STIs, especially if you've had sex without a condom. For more information about STIs, visit weknowsex.ca.

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THE CANADIAN PRESS H/O

Hidden Veggie Sammies

Preparation:

1. In bowl using fork, combine tuna, green onions, celery, cucumber, olive oil, lemon juice, mayonnaise, mustard, chopped dill and salt.
2. Open slider buns and place on a work surface. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE**

Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

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STEPHANIE DICKISON

Choose from 24 eateries at the new Urban Eatery in the Eaton Centre.

Gorgeous. Stunning. Dare I say epic? The new Urban Eatery in the Eaton Centre, part of the $120-million revitalization, is beautiful.

The 980-seat landscape is decidedly upscale with various seating areas, peppered with modern furniture and lighting. Even McDonald's signage is slick.

Lunch is exciting with 24 places to choose from. I have Moroccan Stew ($8.50) at Urban Herbivore, a vegan joint. Huge chunks of sweet potato and carrots with red rice makes a satisfying, uber-healthy lunch. Toothsome Thai Sweet Mango Slaw ($6.75) at Rare is delightful, but the 10 Bean, Berry & Grains salad is too sweet. My favourite find is Ruby Thai. I choose the three-item combo ($8.79) with thick flat noodles (a welcome change from pad thai), spicy Green Curry Chicken, snappy green beans and crispy Bang Bang Chicken.

If you choose to eat in, you'll get reusable tableware with real cutlery.

Yup. Completely epic.

Urban Eatery at Eaton Centre
220 Yonge St.
416-598-8560
Lunch with co-workers: Yes
Quick solo lunch: Yes
Rating: 5 out of 5

THE CANADIAN PRESS H/O

This recipe serves six.

Comfort food gets remixed

Preparation:

1. Preheat oven to 200 C (400 F) and bake pie shell according to package directions for a baked shell. Set aside
2. In saucepan, melt butter over medium heat. Add flour and mix well; cook, stirring 3 mins.
3. Whisk milk gradually into butter mix and continue to whisk until sauce has come to a boil and is slightly thickened. Add cheddar cheese and cayenne pepper and continue to whisk for 4 mins until cheese melts and sauce is thicker and creamy smooth.
4. In bowl, combine cooked macaroni, cheese sauce, half bacon and half Parmesan cheese. Season with salt and pepper. Fill baked pie shell with cheese mix; top with remaining bacon and Parmesan.
5. Bake in a 200 C (400 F) oven for 25 minutes or until top is slightly golden. Let stand for 5 minutes before serving. **THE CANADIAN PRESS/ TENDERFLAKE & MAPLE LEAF READY CRISP FULLY COOKED BACON**

Ingredients:

- 1 frozen pie shell
- 875 ml (3 1/2 cups) cooked elbow macaroni
- 45 ml (3 tbsp) butter
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) 2 per cent milk
- 500 ml (2 cups) shredded sharp cheddar cheese
- Pinch cayenne pepper
- 6 slices fully cooked bacon, coarsely chopped
- 50 ml (1/4 cup) grated Parmesan cheese, divided
- Salt and pepper, to taste

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▶ Do you usually specify "plus one" or "and family" on invitations that you send out?

POLITE WAYS OF SAYING 'NO'

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Hi Charles,
I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a friend/date/their children. Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks,
Politely Curious

Dear Politely Curious,

Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat these additional guests?

Lack of space is always a great and polite way out.

Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I *love* kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

LOVE CAN GET ITCHY

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this?
Itchy love.

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

Claire: Love is never simple, lust even less so.

She should have told you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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CASH-SMART KIDS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Parents — don't let your kids grow up financially illiterate! From coast-to-coast, Canadian students receive limited financial literacy training through grade school. Basic financial lifelessons, like budgeting and investing, are left up to parents.

Even if you feel like your money skills aren't sharp, don't shy away from tackling this subject with your kids. They'll benefit from your real world knowledge and hopefully you'll feel extra motivated to make good financial decisions your children can look up to.

Start talking to your kids about money as soon as possible. If you're headed to the bank or ATM, bring them with you and describe what you're doing. If you pay with a credit card versus cash, explain the difference between the two methods of payment. While grocery shopping, assign Junior the task of reading and reporting back to you the prices of produce. If you buy your child a new backpack and sneakers for $100, tell them how many hours you had to work to make that purchase.

Play games such as Monopoly or Cash Flow. Each focuses on money issues like cash management, real estate and getting a job. Give your kids a small allowance and coach them on how to budget their money.

Buy your child stock in a company they think is cool like Google. Then, track the performance of the stock online using the portfolio tracking tool on Yahoo! Finance. You can also visit getsmarteraboutmoney.ca for more resources.

Let's open up about money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than $1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her $5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, $1,000, $2,000 and $5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still

ISTOCK

▶ Alison's money rule: Talking or writing about your financial problems and solutions will not only inspire you but others as well.

a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

CONTACT ALISON AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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DON'T WAGE WAR ON A WORK CASE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
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Employees are often the authors of their own misfortunes at work. Few take advantage of laws that are construed in their favour. Fewer will challenge their employer's decisions, however unjust. Most will just complain. But, if you have an inclination to fight back, here are some dos and don'ts:

Skeletons
Just about every employee has a skeleton in their closet. If yours is so bad you can't risk it being exposed, then do not challenge your employer's decision to discipline or dismiss you, however unfair. Some workplace skeletons, although not harmful to your case, will ultimately be harmful to your career.

Condonation

ISTOCK

▶ If you are a bully, a complaint about your employer's aggressive behaviour may not be taken as seriously in court.

Many good cases die on the vine because of a delay in mounting an appropriate response. If you disagree with an employer's decision, such as a pay cut or demotion, you must immediately protest it and do so in writing. Failing to respond simply conveys to your employer that you agreed with the decision or at least that you did not care enough to complain.

Allegations
Few employees can afford to wait years to settle a case. Many of these cases would have settled quickly but for trumped up allegations of bad faith or mistreatment. When you name names in a lawsuit, you motivate your employer to vigorously defend it. In my experience, too many employee-side lawyers mistakenly aggrandize claims and then later regret it.

Hypocrites
Many cases turn sideways when the conduct you complain of is similar to what you have done. In one recent bullying case, the judge found that although the employee had been bullied at work, she had previously bullied her own colleagues. Although her claim for bullying was legitimate, she was denied damages because she had engaged in the very same conduct that she had complained of. Do not expect any sympathy for your grievances if you do not make them with clean hands. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**

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Three key ways to jinx a job

Acing the interview isn't always easy; sabotaging it is quite a lot more simple Avoid these pre-job blunders

ISTOCK

▶ A little too casual, too cocky, too tense about your online profile? You'll be waiting a heck of a lot longer for that callback.

You already know to spell-check your resumé and give a nice firm handshake, but these days, there's a lot more between you and your new gig. Tony Lee, publisher of CareerCast.com, advises on the biggest red flags recruiters encounter.

Being too casual

Sometimes, being your lovable, charming self isn't the best approach.

"One of the biggest problems is people think of themselves as being pretty smart, so they think they can wing it — they'll impress companies and interviewers and recruiters just by being themselves," says Lee.

"But you really need to be ready to show why you're the best candidate and are ready for the job. Make sure you're not too casual in your approach."

Submitting a general application

Even if the positions you're applying for are similar, take the time to personalize each cover letter and resumé — it'll make you stand out from the majority of applicants who don't.

"One of the biggest complaints we hear from employers is that candidates aren't very savvy about applying for jobs," says Lee. "They fire off the same application for every job without tailoring it for that position, and without carefully looking for an opportunity that you'd be successful at."

Not explaining gaps in employment

If you haven't been working, you're far from alone. But it's important to account for that time to prospective employers.

"They're afraid that if you've been out of work for a couple years than you've fallen into bad habits. What you have to show is that you've been active," says Lee.

"If you can show that in the last year you helped manage three events at your children's schools that helped raise over $20,000, it shows that you've been active."

Advice? Do some Google housekeeping

You can clean up your Facebook profile, but if your Google search results aren't flattering, that's a little more difficult to work around.

One easy diversion that Lee suggests is to invite employers to visit your polished LinkedIn or Google+ profile so they don't have to search."

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4 sports

Quoted

"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."

BUFFALO QUARTERBACK RYAN FITZPATRICK. AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.

Scan code for more sports news.

'Amazing year' continues

- Djokovic beats Nadal in four sets to win first U.S. Open title
- He now has record of 64-2 this year with 10 tournament titles

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Djokovic held on to beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of lengthy, mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011.

Djokovic improved to 64-2 with 10 tournament titles in a simply spectacular year, one of the greatest in the history of men's tennis — or any sport, for that matter.

"I've had an amazing year," Djokovic said, "and it keeps going."

Against No. 2 Nadal, Djokovic is 6-0, all in finals — three on hard courts, including yesterday; two on clay; and one on grass at Wimbledon in July. Djokovic also won the Australian Open in January, and is only the sixth man in the 40-plus years of the Open era to collect three major titles in a single season.

"Obviously I'm disappointed, but you know what this guy is doing is unbelievable," Nadal said.

Addressing Djokovic, Nadal added: "What you did this year is impossible to repeat, so well done."

Djokovic attributes his rise this season to a number of factors, including a vastly improved serve, better fitness — owing, at least in part, to a gluten-free diet he doesn't like to discuss in any detail — and a seemingly endless reservoir of confidence that dates to December, when he led Serbia to its first Davis Cup title.

82-3

John McEnroe's record in 1984, the best win-loss ratio in the modern era. Roger Federer was 81-4 in 2005.

That's where Djokovic began a 43-match winning streak that ended with a semifinal loss to Federer in the French Open semifinals. The only other blemish on Djokovic's 2011 record was a loss to Andy Murray in the Cincinnati Masters final last month; Djokovic stopped playing while trailing, citing a painful shoulder.

That was the 24-year-old Serb's last match before heading to Flushing Meadows. His shoulder was fine, clearly, and while he was treated by a trainer for a bad back three times in the late going yesterday — perhaps the reason his serves slowed to under 100 miles per hour in the fourth set — he overcame it.

THE ASSOCIATED PRESS

AL BELLO/GETTY IMAGES

▶ Novak Djokovic reacts after winning match point against Rafael Nadal yesterday.

Russian team lost to plane crash will miss KHL season

The hockey team wiped out by a plane crash last week will not take part in this year's Kontinental Hockey League season, Russian Sports Minister Vitaly Mutko said yesterday.

Mutko said that Lokomotiv Yaroslavl would be demoted to a lower league as part of a gradual rebuilding program, which was team management's wish.

"At a meeting with the president, we arrived at the conclusion that we must support those decisions taken by the club," Mutko said after a high-level discussion on plans for Lokomotiv chaired by Russian President Dmitry Medvedev.

Officials had expressed hopes Lokomotiv could be revived in time to take part in the current season, which began yesterday, by drafting in players from other KHL teams. Those plans appear to have been shelved in favour of more long-term reconstruction plans. THE ASSOCIATED PRESS

NFL

Week 1 takes toll on Rams

The St. Louis Rams could be without running back Steven Jackson for next Monday's game against the New York Giants, while quarterback Sam Bradford is expected to play despite a bruised index finger.

Those weren't the only injuries the Rams suffered in Sunday's 31-13 loss to Philadelphia. Cornerback Ron Bartell is likely out for the season with two breaks in his neck and wide receiver Danny Amendola dislocated his left elbow.

Jackson ran for a 47-yard touchdown on the Rams' first play, and carried once more for nine yards before leaving due to a strained right quadriceps. THE ASSOCIATED PRESS

McDonald enjoying his first pennant race

Within the first week of arriving with his new team in Arizona, former Blue Jay John McDonald was playing shortstop in an infield that included other former Jays in Ryan Roberts, Aaron Hill and Lyle Overbay.

It was a subtext to the Diamondbacks pennant drive — "The Jays go west" — and McDonald, who was enjoying immense popularity in Toronto at the time of the Aug. 23 trade to Arizona — found himself in another kind of welcoming baseball atmosphere.

For the first time in his 10-year big-league career, McDonald was part of a pennant race. Inside every player's mind is the hope to play in the post-season. The big stage for McDonald is now, one he'd been longing for.

"It's what I expected it to be, it's exciting, it's very exciting, McDonald said in a phone interview from Arizona. "And it's an easy group of guys to feel comfortable with."

McDonald left behind the best years of his career, a tenure in Toronto where his glove magic, a stirring home Father's Day home run just after his father's death, and a dedication to the community, earned him appreciation that is uncommon for a utility infielder.

But when he packed his bags with Hill after the trade, the two flew out to Arizona together and walked into a clubhouse that was comfortable from the start.

Not only were former teammates Reynolds and Overbay there, but McDonald caught up with former Cleveland teammate Charles Nagy, now the pitching coach in Arizona.

McDonald had also formed friendships with Diamondbacks manager Kirk Gibson and bench coach Alan Trammell in the past. All that familiarity made the adjustments to new teammates and a new city marginal compared to most trade situations where almost everything is new and unfamiliar.

"We won our first night and then we won 12 of the first 13 we were there, so it's been fun since the first time we walked into the clubhouse," he said.

TORSTAR NEWS SERVICE

Rauch out

Toronto Blue Jays reliever Jon Rauch was placed on the 15-day disabled list yesterday due to a cartilage tear in his right knee.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	88	57	.607	—
Boston	85	61	.582	3½
Tampa Bay	81	64	.559	7
Toronto	74	73	.503	15
Baltimore	58	87	.400	30

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	84	62	.575	—
Chicago	73	72	.503	10½
Cleveland	72	72	.500	11
Kansas City	62	86	.419	23
Minnesota	59	87	.404	25

WEST DIVISION

	W	L	Pct	GB
Texas	83	64	.565	—
Los Angeles	80	66	.548	2½
Oakland	66	80	.452	16½
Seattle	61	85	.418	21½

Last night's results
Tampa Bay at Baltimore
Detroit at Chicago White Sox
L.A. Angels at Oakland
N.Y. Yankees at Seattle
Sunday's results
Detroit 2 Minnesota 1
Toronto 6 Baltimore 5
Tampa Bay 9 Boston 1
Cleveland 7 Chicago White Sox 3
Texas 8 Oakland 1
N.Y. Yankees 6 L.A. Angels 5
Kansas City 2 Seattle 1
Tonight's games
Tampa Bay (Price 12-12) at Baltimore (Simon 4-8), 7:05 p.m.
Toronto (Morrow 9-10) at Boston (Wakefield 6-6), 7:10 p.m.
Cleveland (Masterson 11-9) at Texas (M.Harrison 11-9), 8:05 p.m.
Detroit (Verlander 22-5) at Chicago White Sox (Floyd 12-10), 8:10 p.m.
Minnesota (Pavano 8-11) at Kansas City (Chen 10-7), 8:10 p.m.
L.A. Angels (J.Williams 3-0) at Oakland (Moscoso 8-8), 10:05 p.m.
N.Y. Yankees (A.J.Burnett 9-11) at Seattle (Furbush 3-8), 10:10 p.m.
Tomorrow's games
Toronto at Boston, 1:35 p.m.
Detroit at Chicago White Sox, 2:10 p.m.
L.A. Angels at Oakland, 3:35 p.m.
Minnesota at Kansas City, 4:10 p.m.
Cleveland at Texas, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.
N.Y. Yankees at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	94	49	.657	—
Atlanta	84	63	.571	12
New York	71	75	.486	24½
Washington	67	77	.465	27½
Florida	66	79	.455	29

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	86	62	.581	—
St. Louis	79	67	.541	6
Cincinnati	71	75	.486	14
Pittsburgh	66	80	.452	19
Chicago	64	82	.438	21
Houston	49	97	.336	36

WEST DIVISION

	W	L	Pct	GB
Arizona	85	62	.578	—
San Francisco	76	70	.521	8½
Los Angeles	72	73	.497	12
Colorado	69	77	.473	15½
San Diego	63	84	.429	22

Last night's results
St. Louis at Pittsburgh
Chicago Cubs at Cincinnati
Florida at Atlanta
Washington at N.Y. Mets
Philadelphia at Houston
Arizona at L.A. Dodgers
San Diego at San Francisco
Sunday's results
Florida 4 Pittsburgh 1
Washington 8 Houston 2
Milwaukee 3 Philadelphia 2
St. Louis 6 Atlanta 3
Colorado 4 Cincinnati 1
San Francisco 8 L.A. Dodgers 1
San Diego 7 Arizona 6
Chicago Cubs 10 N.Y. Mets 6 (11 ings)
Tonight's games
St. Louis (C.Carpenter 9-9) at Pittsburgh (Karstens 9-8), 7:05 p.m.
Chicago Cubs (Dempster 10-11) at Cincinnati (Leake 11-9), 7:10 p.m.
Florida (Hand 1-6) at Atlanta (Minor 5-2), 7:10 p.m.
Washington (Wang 2-3) at N.Y. Mets (Gee 12-6), 7:10 p.m.
Philadelphia (Hamels 14-7) at Houston (Happ 5-15), 8:05 p.m.
Colorado (Rogers 6-5) at Milwaukee (Greinke 14-6), 8:10 p.m.
Arizona (I.Kennedy 19-4) at L.A. Dodgers (Billingsley 10-10), 10:10 p.m.
San Diego (Luebke 5-9) at San Francisco (Cain 11-10), 10:15 p.m.
Tomorrow's games
Florida at Atlanta, 12:05 p.m.
St. Louis at Pittsburgh, 12:35 p.m.
Philadelphia at Houston, 2:05 p.m.
San Diego at San Francisco, 3:45 p.m.
Chicago Cubs at Cincinnati, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Colorado at Milwaukee, 8:10 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.

LACROSSE

MANN CUP

CANADIAN SENIOR CHAMPIONSHIP

At Langley, B.C.
(Best-of-7)
All Times Eastern
BRAMPTON (ONT.) VS. LANGLEY (B.C.)
(Brampton leads series 3-1)
Last night's result
Brampton vs. Langley
Sunday's result
Brampton 5 Langley 4
Tomorrow's game
x-Brampton vs. Langley, 10:45 p.m.

RUGBY

WORLD CUP

All times Eastern

FIRST ROUND

Tonight's game
At Rotorua
Samoa vs. Namibia, 10:30 p.m.
Tomorrow's games
At Whangarei
Tonga vs. Canada, 1 a.m.
At Invercargill
Scotland vs. Georgia, 3:30 a.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	10	7	3	0	242	229	14
Montreal	10	6	4	0	317	251	12
Hamilton	10	5	5	0	273	270	10
Toronto	10	2	8	0	206	290	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	10	7	3	0	269	258	14
Edmonton	10	6	4	0	229	227	12
B.C.	10	4	6	0	260	225	8
Saskatchewan	10	3	7	0	237	283	6

Sunday's results
Montreal 43 Hamilton 13
Saskatchewan 45 Winnipeg 23
Saturday's results
B.C. 28 Toronto 6
Friday's result
Calgary 30 Edmonton 20

WEEK 12

All times Eastern
Friday, Sept. 16
Edmonton at Hamilton, 7:30 p.m.
Saturday, Sept. 17
Toronto at Saskatchewan, 4 p.m.
B.C. at Calgary, 7 p.m.
Sunday, Sept. 18
Winnipeg at Montreal, 1 p.m.

SCORING LEADERS

(x—scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	33	26	6	117
Medlock, Ham	0	27	26	4	109
McCallum, BC	0	23	27	2	106
Palardy, Wpg	0	20	26	4	102
Paredes, Cal	0	24	21	4	91
Duval, Edm	0	17	14	14	73
Prefontaine, Tor	0	15	17	2	68
Richardson, Mtl	8	0	0	0	48
E.Johnson, Sask	0	11	10	5	46
Edwards, Wpg	7	0	0	0	42
Getzlaf, Sask	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Cobourne, Ham	6	0	0	0	36
Brown, BC	5	0	0	0	30
Dressler, Sask	5	0	0	0	30
Foster, BC	5	0	0	0	30
Diedrick, Mtl	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Q.Porter, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Milo, Sask	0	16	4	1	29
Schiavone, Edm	0	4	8	0	28
Boyd, Tor	4	0	0	0	24
Bratton, Mtl	4	0	0	0	24
Cates, Sask	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Joseph, Edm	4	0	0	0	24
Lewis, Cal	4	0	0	0	24
Simon, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
C.Williams, Ham	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brink, Wpg	3	0	0	0	18
Bruce, Ham-BC	3	0	0	0	18
Burris, Cal	3	0	0	0	18
Charles, Sask	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Hughes, Sask	3	0	0	0	18
D.Porter, Edm	3	0	0	0	18
Rambo, Cal	3	0	0	0	18
Reid, Wpg	3	0	0	0	18
Reynolds, Cal	3	0	0	0	18
Rideau, Tor	3	0	0	0	18
Robertson, BC	3	0	0	0	18
Shaw, Tor	0	5	4	1	18

NFL

WEEK ONE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	1	0	0	1.000	41	7
N.Y. Jets	1	0	0	1.000	27	24
Miami	0	0	0	.000	0	0
New England	0	0	0	.000	0	0

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	34	7
Jacksonville	1	0	0	1.000	16	14
Tennessee	0	1	0	.000	14	16
Indianapolis	0	1	0	.000	7	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	35	7
Cincinnati	1	0	0	1.000	27	17
Cleveland	0	1	0	.000	17	27
Pittsburgh	0	1	0	.000	7	35

WEST

	W	L	T	Pct	PF	PA
San Diego	1	0	0	1.000	24	17
Denver	0	0	0	.000	0	0
Oakland	0	0	0	.000	0	0
Kansas City	0	1	0	.000	7	41

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	0	0	1.000	28	14
Philadelphia	1	0	0	1.000	31	13
Dallas	0	1	0	.000	24	27
N.Y. Giants	0	1	0	.000	14	28

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	0	1	0	.000	34	42
Tampa Bay	0	1	0	.000	20	27
Carolina	0	1	0	.000	21	28
Atlanta	0	1	0	.000	12	30

NORTH

	W	L	T	Pct	PF	PA
Chicago	1	0	0	1.000	30	12
Detroit	1	0	0	1.000	27	20
Green Bay	1	0	0	1.000	42	34
Minnesota	0	1	0	.000	17	24

WEST

	W	L	T	Pct	PF	PA
San Francisco	1	0	0	1.000	33	17
Arizona	1	0	0	1.000	28	21
Seattle	0	1	0	.000	17	33
St. Louis	0	1	0	.000	13	31

Last night's results
New England at Miami
Oakland at Denver
Sunday's results
Arizona 28 Carolina 21
Baltimore 35 Pittsburgh 7
Buffalo 41 Kansas City 7
Chicago 30 Atlanta 12
Cincinnati 27 Cleveland 17
Detroit 27 Tampa Bay 20
Houston 34 Indianapolis 7
Jacksonville 16 Tennessee 14
Philadelphia 31 St. Louis 13
San Diego 24 Minnesota 17
San Francisco 33 Seattle 17
Washington 28 N.Y. Giants 14
N.Y. Jets 27 Dallas 24
Thursday's result
Green Bay 42 New Orleans 34

CIS FOOTBALL

WEEK TWO

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	1	1	0	0	54	14	2
Acadia	1	1	0	0	43	10	2
Mt. Allison	1	0	1	0	14	54	0
St. F. Xavier	1	0	1	0	10	43	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Sherbrooke	2	2	0	0	64	36	4
Laval	2	2	0	0	60	22	4
Montreal	2	1	1	0	38	37	2
Concordia	2	1	1	0	33	54	2
Bishop's	2	0	2	0	41	50	0
McGill	2	0	2	0	26	63	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	2	2	0	0	134	43	4
Windsor	2	2	0	0	79	45	4
Ottawa	2	2	0	0	54	14	4
Wilfrid Laurier	2	1	1	0	86	48	2
Guelph	2	1	1	0	73	48	2
McMaster	2	1	1	0	47	50	2
Toronto	2	1	1	0	15	46	2
Waterloo	2	0	2	0	35	151	0
York	2	0	2	0	15	56	0
Queen's	2	0	2	0	8	45	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	71	17	4
Calgary	2	2	0	0	65	56	4
British Columbia	2	1	1	0	46	40	2
Manitoba	2	1	1	0	53	55	2
Alberta	2	0	2	0	27	60	0
Regina	2	0	2	0	20	54	0

Saturday's results
Acadia 43 St. Francis Xavier 10
Concordia 25 Bishop's 18
Guelph 65 Waterloo 13
Laval 24 Montreal 14
Manitoba 22 Alberta 20
Ottawa 19 Queen's 6
Toronto 10 York 8
Western Ontario 48 McMaster 21
Windsor 41 Wilfrid Laurier 40
Friday's results
Calgary 30 British Columbia 25
Saint Mary's 54 Mount Allison 14
Saskatchewan 33 Regina 10
Sherbrooke 39 McGill 13

WEEK THREE

Friday, Sept. 16
Calgary at Regina, 9 p.m.
Saturday, Sept. 17
St. Francis Xavier at Concordia, 1 p.m.
Saint Mary's at Montreal, 1 p.m.
Bishop's at Mount Allison, 1 p.m.
McGill at Acadia, 1 p.m.
Guelph at Toronto, 1 p.m.
Wilfrid Laurier at Queen's, 1 p.m.
Ottawa at Western Ontario, 1 p.m.
York at Waterloo, 1 p.m.
Saskatchewan at Manitoba, 2 p.m.
Alberta at British Columbia, 5 p.m.
Laval at Sherbrooke, 7 p.m.
McMaster at Windsor, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	27	11	9	7	33	34	40
Kansas City	28	10	8	10	43	36	40
Philadelphia	27	8	7	12	35	30	36
Houston	28	8	9	11	34	36	35
D.C. United	25	8	7	10	37	35	34
New York	27	6	6	15	42	38	33
Chicago	27	4	8	15	30	35	27
New England	28	5	11	12	32	43	27
Toronto	29	5	12	12	30	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	28	15	3	10	40	22	55
Seattle	28	13	6	9	43	31	48
Dallas	28	13	8	7	36	31	46
Real Salt Lake	26	13	7	6	37	22	45
Colorado	29	10	8	11	39	37	41
Portland	27	9	12	6	33	41	33
Chivas USA	28	7	11	10	32	33	31
San Jose	27	6	10	11	29	35	29
Vancouver	27	4	13	10	28	43	22

Note: Three points for a win, one for a tie.
Saturday's results
Toronto 4 Columbus 2
Vancouver 1 New York 1
D.C. United 3 Chivas USA 0
Kansas City 3 Houston 0
New England 2 Dallas 0
Portland 0 Philadelphia 0
Real Salt Lake 2 Seattle 1
San Jose 2 Chicago 0
Tomorrow's game
All Times Eastern
Houston at Columbus, 7:30 p.m.

NASL

Sunday's results
Montreal 1 Carolina 0
Fort Lauderdale 2 Edmonton 1

TENNIS

U.S. OPEN

At New York

MEN

Singles — Championship
Novak Djokovic (1), Serbia, def. Rafael Nadal (2), Spain, 6-2, 6-4, 6-7 (3), 6-1.
2011 CHAMPIONS
Men's Singles — Novak Djokovic (1), Serbia.
Women's Singles — Sam Stosur (9), Australia.

WTA CHALLENGE BELL

At Quebec City
Singles — First Round
Melinda Czink, Hungary, def. Kathrin Woerle, Germany, 6-4, 1-6, 6-3.
Heather Watson, Britain, def. Anne Kremer, Luxembourg, 6-2, 6-4.
Irina Falconi, U.S., def. Alison Riske, U.S., 6-3, 6-3.
Rebecca Marino (4), Vancouver, def. **Stephanie Dubois, Laval, Que.**, 6-2, 6-4.
Doubles — First Round
Jamie Hampton, U.S., and Anna Tatishvili, Georgia, def. Sofia Arvidsson, Sweden, and Marina Erakovic (2), New Zealand, 4-6, 7-6 (5), 10-8 tiebreak.
Melinda Czink, Hungary, and Andrea Hlavackova, Czech Republic, def. Elena Bovina, Russia, and Irena Pavlovic, France, 6-4, 7-5.
Raquel Kops-Jones and Abigail Spears (1), U.S., def. Lauren Albanese and Madison Brengle, U.S., 6-3, 6-0.

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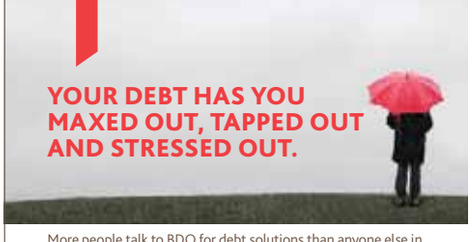

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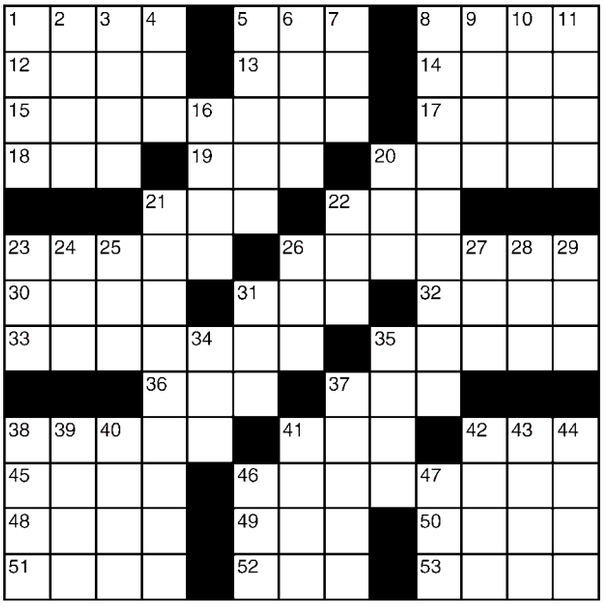
Crossword



Across

1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddlehopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (Sl.)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad

Down

1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.
5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light
27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian
44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

▶ Yesterday's answer

O	R	G			P	I	C		N	A	T	O
R	O	A	N		A	M	I		O	D	I	N
I	A	G	O		R	U	G		N	E	M	O
G	R	A	N	D		S	A	G	A			
			A	I	M		R	E	G	I	N	A
A	M	A	L	G	A	M		L	E	B	O	W
T	A	L	C		D	A	M		N	E	N	E
O	R	L	O	N		R	E	L	A	X	E	D
M	E	S	H	E	D		W	A	R			
			O	W	E	N		P	I	L	O	T
A	B	E	L		L	O	G		A	I	D	A
M	I	N	I		A	V	A		N	O	I	R
A	C	D	C		Y	A	M			N	E	T

Sudoku

		7				2		
					9		4	5
4	3		8	1				
							5	2
8	2	4				1	3	6
3	1							
				9	3		6	4
7	5		4					
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	4	3	1	9	6	7	5
3	9	5	6	2	7	1	8	4
1	7	6	4	5	8	3	2	9
9	5	7	1	4	3	2	6	8
2	1	8	5	9	6	4	3	7
4	6	3	8	7	2	9	5	1
6	4	2	7	8	1	5	9	3
7	3	1	9	6	5	8	4	2
5	8	9	2	3	4	7	1	6

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My Venus
I know millions of people read this daily, and I want the world to know how much "I LOVE YOU". You are everything I've ever wanted, and all the times we've shared and memories we've made, I want to last forever. I'll never hurt you, or treat you bad, but Love you like no one else ever has. This I promise you! A&F
FROM JAYJAY

mikhail,
it was nice spending the weekend together...:) i miss you already see you soon love!
FROM LOVELY LADY

S,
From the minute I met you I was head over heels for you. I think about you day and night. Just wish we had more time together. Love you!
FROM C

Today
26°/12°
Thundershowers
40%
Wednesday
21°/9°
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are very much on the right course, so keep going.

♉ Taurus April 21-May 21 Resist the urge to get involved in quarrels that do not concern you.

♊ Gemini May 22-June 21 If there is something you want to do, something you have been thinking about for months, start it right now.

♋ Cancer June 22-July 22 It's likely you will feel a bit rundown over the next 24 hours.

♌ Leo July 23-Aug.23 Stand back from what you are working on today and remind yourself what the bigger picture looks like.

♍ Virgo Aug. 24- Sept. 22 There is someone in your life who acts like a friend but who secretly resents your success.

♎ Libra Sept. 23-Oct. 23 If you cannot discuss things amicably today you must agree to disagree.

♏ Scorpio Oct. 24-Nov. 22 If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ Sagittarius Nov. 23-Dec. 21 Be careful what you say over the next 24 hours.

♑ Capricorn Dec. 22-Jan. 20 Don't make accusations that you have no way of proving.

♒ Aquarius Jan. 21-Feb. 18 Be brave and stand up for your rights.

♓ Pisces Feb. 19-March 20. Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

SALLY BROMPTON

Caption contest

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DARRYL DYCK/THE CANADIAN PRESS

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